

SPIRIT TIMES

Whiteman Air Force Base, Mo.

Volume 44
FRIDAY, FEB. 24, 2006

No. 8

www.whiteman.af.mil





8th Air Force Command Chief visits with troops; expresses gratitude, motivation

By Staff Sgt. Rob Hazelett 509th Bomb Wing Public Affairs

The 8th Air Force Command Chief Master Sgt. Michael Sullivan, visited Whiteman Feb. 16 to speak to the Airman Leadership School graduating class 06-C class. However, he also wanted to focus on any concerns. Airmen might have during an enlisted

call at the base theater.

Chief Sullivan is an adviser to Lt.
Gen. Kevin Chilton, 8th Air Force commander. He is keen on such issues as morale, welfare and improving the effectiveness of the more than 34,000 enlisted troops assigned to this information operations and bomber

warfighting headquarters, based at Barksdale Air Force Base, La.

"Invited to speak to the Airman Leadership School students, but I wanted to spend time with them before their graduation to get to know them a little bit, and be able to craft remarks about who they are and what their experiences have been," Chief Sullivan said.

The chief, who became the 8th Air Force command chief in July 2005, has been in the service 28 years. He began his career as a crew chief at Davis-Monthan AFB, Tucson, Ariz.

"I'm a guy who started out on the flight line. As an airman first class, when they painted my name on the

side of an airplane, that was one of the proudest moments in my life. I really enjoyed, learning from the Vietnam-era noncommissioned officers," he said.

Congress deactivated his unit and sent his plane to the Aerospace Maintenance and Regeneration Center at Davis-Monthan. Chief Sullivan spent the next two years in the Air National Guard at Phoenex.

"That unit had eight crew chiefs. Seven were master sergeants and one was a senior master sergeant," Chief Sullivan said. "I was only an A1C, so quite honestly, they were afraid to let

See MIGHTY EIGHTH, Page 5

Inside



Cell phone use restricted on base

■ Page 3

Air Force African-American History

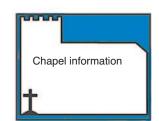
■ Page 6



Air Force crossword



Suicide Awareness



Page 16 RAGE WASHINGTON EMIR ADAMENSILE

■ Page 20

SPIRIT TIMES FRIDAY, FEB. 24 2006



COMMENTARY

SPIRIT TIMES

Editorial Staff

Brig. Gen. Chris Miller
Maj. Joe DellaVedova
2nd Lt. Candace Cutrufo
Staff Sgt. Neo Martin
Airman 1st Class Jason Burton Chief, Public Affairs OIC, Internal Infor NCOIC Public Affairs Staff Sgt. Rob Hazelett

The Spirit Times is published by The Sedalia Democrat, a private firm in no way connected with the U.S. Air Force, under exclusive contract with Whiteman Air Force Base.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Spirit Times* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force, or *The Sedalia Democrat* of the products or ser-

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, age, religion, national origin, political affiliation, marital status, sex, physical handicap, or any other nonmerit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Office of Public Affairs of the 509th Bomb Wing, Whiteman AFB, Mo. All photos in the Spirit Times are official U.S. Air Force photos, unless otherwise noted. The Services Page is a suppleunless otherwise noted. The Services Page is a supp ment to the Spirit Times and is provided by the 509th Services Squadron.

The deadline for article submissions to the *Spirit Times* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission

does not guarantee publication.
For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 6530

Air Force Quiz

Why was Red Flag created? (See answer below)

Dial 687-3119 or e-mail r.Line@whiteman.af.mil Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work Before calling the 9er Line, try to resolve your problem with the responsible base agency. If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7 Call the Whiteman Help Hotline: 866-395-4357

combat, in a safer environment. sions as close as possible to opportunity to fly 10 training misated in 1975 to offer pilots an 10 missions. Red Flag was crechances of survival in war after pilots dramatically increase their The Red Baron study showed

Air Force Quiz answer

- Commander's Corner — Doing more with tess more -

By Col. Eric Single

509th Bomb Wing Vice Commander

ou've probably all seen the news: A rapidly increasing budget deficit; decreased funding for Department of Defense programs; reductions in weapon systems and infrastructure; potentially 40,000 -50,000 more personnel cuts on the way, no decrease in operation tempo....are we in trouble here? How can we continue to accomplish the mission with fewer people, fewer dollars, and less sup-

One of the answers to this question is Air Force Smart Operations for the 21st Century. AFSO21 is an Air Forcewide initiative to provide us with industry-based tools that will enable us to better manage our resources

You may have read about industry programs like LEAN or Six-SIGMA; widely touted processes in the civilian world that help companies maximize their operating efficiencies.

The Air Force is promoting the use of some of these tools to help us better manage our limited resources. Several members of the 509th have already had the opportunity to receive training in these areas, and more information and training is coming soon.

So, is this just another "quality" program that will cost us more time and energy than it will save? Definitely not! AFSO21 is not a program, it is a way of thinking and working on a day to day basis that emphasizes resource management and efficiency ... all backed up with a set of tools to measure potential improvements.

Resource management is nothing new-many of you have come up with novel ideas and recommendations to save the Air Force time and money in the past. AFSO21 will just help focus us as a wing to make continuous process improvement a way of doing business.

Just as the recent addition of the GBU-38 500-pound guided munition increased the capability of our weapon system (a single B-2 can now precisely attack 80 separate targets on one mission),

AFSO21 initiatives can significantly increase the capability of both our people and our processes.

Call it a force multiplier ... efficient processes enable us to do more with the limited resources we have ... without working longer or harder.

The bottom line is, by working smarter, we can make our resources do the extra work for us!

So before you panic ... stay tuned for more information on AFSO21.

And in the mean time, keep those great ideas coming ... after all, you are the subject matter experts at what you do, and your inputs will be critical to developing better, smarter ways of accomplishing the mission.

Letter to Airmen



Feb. 13



I continue to be honored to serve with you as Secretary of this great Air Force. Whether on the Letter to Airmen: Air Force Core Values ground, in air or space, or on the new frontier of cyberspace – and whether you wear uniforms or civilian clothes – you respond to daily challenges that embody our core values of Integrity First, Service Before

These core values should reflect the values we share from the moment we take our oath to support Self and Excellence in All We Do. and defend the constitution. We must continue to reflect on these values, linked to that oath. Sharing my

thoughts in this note is part of that ongoing process.

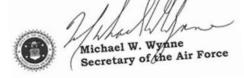
Integrity First reminds us we must "walk the talk" – our words and actions must be integrated in our lives. It reminds us of Thomas Jefferson's concept of moral muscles – that we build and strengthen our character through the daily exercise of words, actions and decisions. Integrity first means not only physical courage, but moral courage as well, so that we sometimes stand up by speaking up. It means being loyal to our friends, to each other – by being loyal to our oath, our Air Force, and our Nation. yar to our friends, to each outer – by being toyar to our bain, our All Polec, and our readon.

Service Before Self is not the same as "service," a value also claimed by some civilian institutions

and corporations. Our Service requires sacrifice and commitment to our Nation. We understand we make decisions in an environment where freedoms are on the line, and lives are at stake. Service Before Self begins with duty, but it means more. It means that, in our Air Force, as we fly and fight in war and peace, going above-and-beyond-the-call-of-duty is not the exception – it is the rule.

Excellence in All We Do reminds us, at the most basic level, of the old "Hometown Newspaper Test" imagining our parents reading about our actions, and wanting them to be proud. But it also includes the military concept of honor – knowing our actions reflect on all Airmen – and on the Air Force itself. It reminds us that we stand on the shoulders of giants: heroes like Billy Mitchell, and Doolittle, Spaatz, and Rickenbacker; heroes who faced and beat incredible odds. We have inherited a history of excellence, and Kickenbacker, heroes who faced and beat incredible odds. We have inherited a misor courage and greatness. We must live up to that heritage, become part of it, and pass it on.

All Airmen are men and women of character. Our enduring Air Force Core Values provide a touchstone as we rise to meet current and future challenges, threats, and opportunities. As America's Airmen, it is imperative that we maintain the moral high ground – our nation depends on it. I thank all of you for your contributions and sacrifices. I salute you!



BCC luncheon set

The next base community council meeting is a luncheon event beginning at noon March 9 at Mission's End. California and Holden are the featured communities.

Col. Bob Wheeler, 509th Operations Group commander, will be the guest speaker at the event.

The menu is Southwest chicken wrap and the cost is \$8.50. Those interested in attending must R.S.V.P. by noon Monday. Sorry, no late R.S.V.P.s will be accepted. To R.S.V.P. or for more details, call Melissa Klinkner at 687-6122.

DTS program management office notification

A massive cancelation of certificates from expired or revoked common access cards has been recently performed. There have been a number of certificates revoked by mistake. If you are having a problem logging into Defense Travel System, with a message of "user account cannot be found or locked" or similar message, please check with your local registration authority to make sure your PKI certificate has not been revoked.

The help desk will be sending out a separate notification with additional information regarding this issue.

BX shoppers can add names to buddy list

A click of the mouse can bring the latest news and information from the Whiteman Base Exchange to your personal computer.

Subscribers to the "BX Buddy List" are automatically updated via e-mail approximately two times per month about sales promotions and other special events happening at the retail location.

To sign up for the buddy list, authorized shoppers must provide their e-mail address and sign a form available at the customer service desk located at the back of the store. The BX respects your privacy. E-mail addresses of the subscribers will not to be found in the weekly bulk e-mail, you will only see your address located on the email as will our other valued customers.

Air field burn scheduled for Sunday

The 509th Civil Engineer Squadron Environmental Flight is scheduled to conduct a controlled burn on the flight line Sunday.

Disturbing visit



Photo by 1st Lt. Bruce Nester

NELLIS AIR FORCE BASE, Nev. — The members of the hard rock band Disturbed paid a visit to Team Whiteman members during Red Flag. After touring the B-2, the platinum recording artists signed posters, shirts and other memorabilia for Air Force members.

DOD restricts cell phone use on military installations

By Staff Sgt. Neo Martin 509th Bomb Wing Public Affairs

The Department of Defense recently released a new regulation restricting the use of cell phones while driving on a DOD installation.

Enforcement of this new policy on Whiteman will begin once a change to the installation traffic code is published. The installation traffic code update should be completed in about 30 days.

According to the new DOD Joint Motor Vehicle Traffic Supervision Regulation, "Vehicle operators on a DOD installation and operators of Government owned vehicles (on or off the installation) will not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device." Paragraph 4-2 goes on to say, "The wearing of any other

portable headphones, earphones, or other listening devices (except for hands-free cellular phones) while operating a motor vehicle is prohibited." These new rules are designed to promote a safe driving environment for everyone by eliminating distractions to drivers.

A memorandum to wing commanders from ACC headquarters states using a cell phone while driving, without a hands-free device, will be considered a primary offense. This means violators in the near future may be stopped solely for this offense just as if they are not wearing a seat belt and can count as points against the violator's license.

"Wing commanders have always had broad authority to regulate the movement of traffic and personnel on their installations, and have been able to assimilate the respective state, or host nation traffic rules, that have such a restriction," according to the ACC memorandum.

If you have any questions regarding this policy, contact Tech. Sgt. Richard Coats, NCO in charge of Police Services, at



Officials explain Good Conduct Medal elimination

One must look

By Master Sgt. Mitch Gettle
Air Force Print News

Air Force Print News

WASHINGTON (AFPN)

— The Air Force Uniform Board announced Feb. 6 that the Good Conduct Medal will no longer be awarded.

The Air Force director of Airman development and sustainment recently explained the reasons behind this decision.

"The quality of our enlisted personnel today is so high, we expect good conduct from our Airmen," said Brig. Gen Robert Allardice. "It begged the question, 'Why do we have a GCM?""

"Having a medal for good conduct is almost to say we don't expect Airmen to do well, but if they're good we will give them a medal," he said. "It's kind of insulting in our

Air Force today."



looked at that history it was clear that the Good Conduct Medal has outlived its usefulness," said Chief Master Sgt. of the Air Force Gerald R. Murray. "Today's all-

volunteer force is committed to serving honorably, and good conduct is what we expect from every Airman — officer and enlisted."

"We live by our core values," Chief Murray said. "When members of our service stray from those values, they do themselves and all Airmen a disservice. When it happens, commanders have the tools they need to evaluate the situation and the individual's worthiness for continued service.

"If a commander deems their conduct does not warrant discharge, then they remain a valuable Airman to our Air Force, and we expect them to continue to serve honorably," he said.

General Allardice said that it is the uniform, not the Good Conduct Medal, that represents what Airmen are all about.

"In today's Air Force, our Airmen understand that the uniform they wear represents good conduct," he said.

Airmen who have previously earned the Good Conduct Medal are still authorized to wear it.

Force shaping volunteer application deadline is Wednesday

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Officers scheduled to meet the 2006 Force Shaping Board have until Wednesday to decide if they will leave voluntarily or meet the board.

Officers planning to take advantage of the volunteer program must apply through their military personnel flights before the deadline.

Through the voluntary Force Shaping Program some career fields have already reached their sustainment quota; lieutenants in those Air Force specialties will not meet the board. Those career fields in the 2002 year group are scientist and weather. The 2003 exempted specialties are: intelligence, logistics readiness, civil engineering, acquisitions, contracting, finance, OSI, and communication and information.

The 2006 Force Shaping Board is scheduled to convene at the personnel center April 10 and the board results will be released by June 1. Those not retained will have a date of separation of Sept. 29 unless they apply for an earlier date.

The board will make its determination based on the information in the central selection record. The record contains performance and training reports, decorations and the Retention Recommendation Form.

The form, completed by the first 0-6 or equivalent in the chain of command, includes a retention recommendation and a statement from the senior rater ranking the eligible officer against others in the same career field and year group.

The selection record will also contain a letter to the board if the officer chooses to

submit one. Letters to the board must be received at the personnel center here by 11:59 p.m. Central Standard Time April 9. Instructions for submitting a letter can be found on the Force Shaping Web site.

Force shaping eligibles are encouraged to take advantage of the transition resources available through their family support center whether they decide to voluntarily separate or not.

The latest information on force shaping is at www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm.

AFAF aids widows through LeMay foundation

By 1st Lt. Nathan Johnson

509th Medical Support Squadron

kicked off last week with a great start and continues to raise money for four charities that directly support Air Force personnel and their families: the Air Force Aid Society, the Air Force Village Indigent Widows' Fund, the Air Force Enlisted Village Indigent Widows' Fund and the General and

The Air Force Assistance Fund drive

Mrs. Curtis E. LeMay Foundation.

Most of us are familiar with the Air Force Aid Society. In fact, we probably all know someone who has been the recipient of this helping hand in time of need. I wanted to take a moment and explain about another one of the charities you may not be

as familiar with, the LeMay Foundation.
The LeMay Foundation cares for wid-

ows of officers and enlisted personnel of all ranks who have been left to survive with little to no financial resources.

The sole purpose of the foundation is to care for spouses who supported Air Force personnel through the PCSs, the rearing of children, and hardships that went along with being the spouse of an Air Force member. Unfortunately, many of our Air Force widows were left impoverished because their spouses retired before the current Survivor Benefit Plan was started.

Others didn't know that the military member had not participated in SBP. Losing a spouse is heartbreaking and frightening. Add to that the sudden realization that you have little to no financial means, and the loss is compounded. At an age when employment options are slim and health concerns are paramount, some Air Force

widows have found themselves in need of assistance. General and Mrs. LeMay understood this need and decided to make a way

to help those left behind live out their years safely and with dignity. Your contribution to

the LeMay Foundation

will enable the surviving spouse to continue living in their own home and community and not struggle to meet daily living

needs. The foundation helps with monthly supplemental grants to assist with food, rent, utilities, and for some, health care.

rent, utilities, and for some, health care. Their policy is to disburse the entire amount received each month to needy widows. They continue to provide this assistance for as long as needed. The foundation

dental work, eye glasses, hearing aids, medical equipment and, in one case, the purchase of a powered wheelchair for an elderly quadriplegic widow.

also helps with one time expenses such as

The LeMay Foundation is caring for those who cared for Ameri-

ca. General LeMay once

said, "if there's going to be

any change for the better in

this world, you have to pro-

vide it by doing something."

You can help by giving to

the AFAF. Your one time

Fast Facts

■ \$5,487 raised last week,
11 percent of \$52,000 goal
■ Participation goal is 50
percent

ch 26

donation or payroll deduction of as little as \$1 per pay check can make a difference in the lives of these widows. Our campaign only runs for

six weeks here at Whiteman, ending March 26. Don't wait until it's too late to be a Wingman for a co-worker ... or a widow.

Wingman for a co-worker ... or a widow. Contact your unit POCs for details on giving today.

MIGHTY EIGHTH, from Page 1

me sweep the floor afraid I was going to mess that up."

This caused the young Airman to miss out on key mentorship that he is well aware of, and he admits he probably didn't seek out their expertise and learn as much from them as he could have as a 19- or 20-year old Airman.

"I wish I would have been more proactive as a young person, earlier on." The chief added that he would have gotten more out of the Air Force had he learned more about it, how it worked, where he fit into it, and how he could contribute to it.

He has had a colorful career. He spent two years as a recruiter for the ANG, which he saw as a great career broadening experience because he learned about all the different jobs in the Air Force.

After his stay in the ANG, Chief Sullivan returned as an active-duty crew chief. He flew on the Airborne Warning and Control Systems aircraft and for NATO during counterguard operations when Iran and Iraq were at war and during the Gulf War.

"This actually paid off during Operations Desert Shield and Desert Storm because it exposed the Iraqi Air Force inside and out," he said. "We were learning about a potential adversary."

One of Chief Sullivan's career highlights, however, was when he got to be an ALS flight chief.

"I was learning from the Airmen. In fact. I learned as much from them as I was teaching them because one of their assignments was to give us a briefing on their jobs and how they fit into the mission of the wing," he said. "When you sit in the back of the classroom grading the presentations you learn an lot from them."

One of the chief's goals, is to command

strengthen the commands's enlisted corps. "Professional development of the enlisted corps occurs beyond the scope of Professional Military Education. As a former ALS flight chief, I have a great amount of respect and appreciation for what we accomplish within PME.

"However, professional development of our enlisted corps should be occurring at the duty section where we focus not only on what the mission is, but what the needs of the member are, what their goals or objectives are," he said. "If you could combine those two in assignments and jobs, you'll end up with a far more productive member, more satisfied families retention rates are better and corps activity is higher."

Holding Airmen accountable for one another is something we haven't done as well as we could, Chief Sullivan said. He recalled when one of his superiors ordered him with an additional responsibility.

His first sergeant called him in his office, when he was an airman first class, to challenge him to take care of one of his fellow Airmen. "He essentially put me in charge of that Airman, and gave me little wiggle room to get out of it," he said.

While the 8th Air Force continues its contribution to the war on terror by providing the assets that launch strike missions from the continental United States into the U.S. Central Command area of responsibility in 27 different forward operating locations, Chief Sullivan sees this as a long battle.

"I'm focusing on the Airmen. We are going to charge them on raising our next generation. The war on terror is a war we didn't ask for, but it is a war we are forced to fight and have to win," he said. "The senior airmen graduating ALS and the first term airmen they will be assigned to a supervisor whose going to be fighting this war. That's reality."

Although Chief Sullivan is relatively new as the 8th Air Force command chief, he is not concerned about getting the Airmen to know what his face looks like. "I'm more concerned about knowing what I can do for them," he said. "It's important for us to get them the tools to be successful and make sure they understand just how important it is that they be successful."

During his visit to Whiteman, the chief also met with key enlisted leadership to inform him how things work here. He met with the president of Tier Two, first sergeant's council, chiefs' group, enlisted spouses' organization and the Air Force Sergeant's Association.

"I would like the troops to know I deeply appreciate them. What they're accomplishing, not only here at Whiteman, but in the deployed environments throughout the world," Chief Sullivan said.

He wants Airmen to know their own weaknesses as well as those of their peers.

"I'd like to challenge them to get better personally at what they do," he said. "I want to motivate them to go out there and push themselves to be ready for this, because this is a long-haul."









African-American History Month

Tuskegee Airmen leave strong legacy

By Airman Brian Butkus

375th Airlift Wing Public Affairs

SCOTT AIR FORCE BASE, Ill. (AFPN) — On July 19, 1941, the Army Air Force began a program in Alabama to train black Americans as pilots for the first time.

Civil rights organizations and the black press exerted pressure that resulted in the formation of an all-black pursuit squadron based in Tuskegee, Ala., in 1941. They became known as the Tuskegee Airmen.

"Tuskegee Airmen" refers to all who were involved in the so-called "Tuskegee Experiment," the Army Air Corps program to train blacks to fly and maintain combat aircraft. The Tuskegee Airmen included pilots, navigators, bombardiers, maintenance and support staff, instructors, and all the personnel who kept the planes in the air.

The primary flight training for these servicemembers took place at the Division of Aeronautics of Tuskegee Institute. Air Corps officials built a separate facility at Tuskegee Army Air Field to train the black pilots.

The Tuskegee Airmen not only battled enemies during wartime, but also fought against racism and segregation, thus proving they were just as good as any other pilot.

Even though the Tuskegee Airmen proved their worth as military pilots, they were still forced to operate in segregated units and did not fight alongside their white countrymen.

One honor the Tuskegee Airmen hold true is that they never lost a bomber under their escort during World War II. Such honors as this earned the men the nickname Red Tail Angels.

The Airmen earned this title because of the red paint on the propeller and tail of their planes.

Another title the Tuskegee Airmen were deemed was

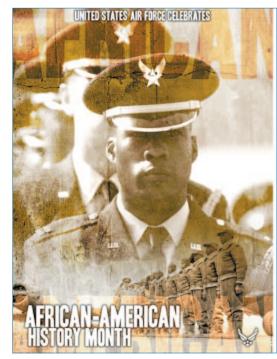


RAMITELLI, Italy (From left) Lt. Dempsey W. Morgan, Lt. Carrol S. Woods, Lt. Robert H. Nelson Jr., Capt. Andrew D. Turner and Lt. Clarence D. Lester were pilots with the 332nd Fighter Group. The Airmen with the elite, all black fighter group were better known as Tuskegee Airmen.

"Schwartze Vogelmenschen." This title was given to the Airmen by their German enemies, and it meant Black Bird Men.

In March of 1942, George Roberts, Benjamin Davis Jr., Charles BeBow Jr., Mac Ross and Lemuel Custis received silver wings of Army Air Force pilots.

These men completed the standard Army flight classroom instruction and many hours of flight time. Receiving their silver wings marked a milestone in being the first



blacks to qualify as military pilots in any branch of the armed forces.

By the end of the war, 992 men had graduated from pilot training at Tuskegee; 450 were sent overseas for combat assignment. During the same period, about 150 lost their lives while in training or on combat flights.

"The Tuskegee Airmen paved the way for minorities in general," said Capt. Julia Breeden, 375th Airlift Wing chief of military equal opportunity. They opened a lot of doors and dispelled a lot of stereotypes, she said.

On Nov. 6, 1998, President Clinton approved Public Law 105-355, which established the Tuskegee Airmen National Historic Site at Moton Field in Tuskegee, Ala., to commemorate and interpret the heroic actions of the Tuskegee Airmen during World War II.

Air Force releases, updates Web sites

New Web sites

Performance-based management

http://www.afcee.brooks.af.mil/products/techtrans/pbm/

The Air Force is accelerating the installations' environmental restoration program through the holistic approach of performance-based management.

To support the application of PBM within the Air Force, Air Force CEE has stood up a PBM web site. The web site offers a thorough review of PBM, its component strategies, implementation and demonstration information, guidance, training, resources and links.

Performance-based contracting

http://www.afcee.brooks.af.mil/products/pbc/

PBC works to reduce the risk to the Air Force by executing restoration cleanup projects with fixed objectives for a fixed price.

To support the application of performance-based contracting within the Air Force, AFCEE has stood up a PBC web site. The web site offers a thorough review of PBC, information on how to apply PBC, a review of the players and challenges, answers to frequently asked questions, a review of insurance, a community page, and resources from past PBC workshops.

Source zone treatment

 $\frac{http://www.afcee.brooks.af.mil/products/techtrans/NAPLS}{ourceZoneTreatment/default.asp}$

The AFCEE source zone treatment technology roadmap is intended to assist Air Force environmental managers in identifying and applying more effective methods for remediating and managing sites with contamination source zones.

The Web site offers a background on source zone remediation, the relevant issues, "how-to" tools and knowledge, resources, links and timely state-of-the-art technology reviews.

Updated Web sites

Remedial process optimization

http://www.afcee.brooks.af.mil/products/rpo/default.asp

Remedial process optimization is a systematic approach for evaluating existing remediation systems with the goal of improving their effectiveness and reducing overall site cleanup costs without increasing risks.

To support the function of RPO within the Air Force, AFCEE/TDE recently stood up a newly revised RPO web site. The web site is intended to be a valuable source for information pertaining to RPO programs and activities throughout the Air Force. The updated site offers a review of the RPO process, an introduction to available RPO tools, and frequently asked questions.

Final report release Cost and performance analysis for thermal enhancements at selected sites

http://www.afcee.brooks.af.mil/products/techtrans/NAPLS ourceZoneTreatment/documents/FinalReportThermalEnhancementsOct05.pdf

AFCEE and Parsons evaluated cost and performance data and survey results from various site managers to

available thermal remediation technologies were successful in achieving predetermined cleanup objectives at 27 sites.

determine

whether commercially

This project provides project managers and other decision makers with a tool for aiding in the selection of thermal technologies for source remediation.

From detailed questionnaires and interviews, four sites were identified for comprehensive evaluation and generation of life-cycle costs analysis.

Technologies evaluated included:

- Electrical resistance heating (six-phase heating)
- In situ thermal heating
- Steam injection
- Radio frequency heating
- Thermal enhanced soil vapor extraction
- Dynamic underground stripping/hydrous pyrolysis oxidation

Sites included both pilot and full-scale demonstrations.

Based on the responses from the initial questionnaires, telephone and personal interviews, and detailed evaluation and life-cycle cost analysis at four selected sites, the report (available for download) suggests the application of thermal enhanced technologies has given disappointing results, regardless of whether the project was deemed successful or not. (Information courtesy of Erica Becvar, HQ AFCEE/TDE Technology Transfer)

Help wanted: Join Whiteman's mentoring program

Active duty, Department of Defense civilians, Reservists, Guard members and adult family members are eligible to participate in Whiteman's mentoring program.

Call the family support center at 687-7132 to register for a training session Thursday 9 a.m.

What is Mentoring?

Mentoring is getting to know a student who has been identified by the school system as "at risk," then acting as a positive role model to encourage him or her.

What are "at risk" indicators?

Some examples are:

■ Low socio-economic status, poverty

■ Poor self-esteem, poor self-concept

- Lack of academic success
- High risk friends
- Lack of supervision
- Alcohol or drug use by students or parentsPoor attendance

■ Poor social adjustment

- Lack of motivation
- Involvement with the court system

What can I do to help?

Your contribution may be as simple as lending a listening ear. If you have the background you may be asked to tutor a certain subject. Most importantly you are acting as a positive role model.

What will I get out if it?

You will get acceptance, respect and a

real sense of satisfaction as you help a student achieve their maximum potential. Participating in the program is also an excellent enlisted perforance report bullet.

What training is needed?

All mentors must attend a short training session of approximately two hours.

You will learn the protocol for mentorship, your responsibilities and learn the rules of the school system.

How are mentors, students matched?

The school mentoring officials assign mentors to students based on the information you provide them such as your grade preference, availability and any special skills or interests you may have that will

A hundred years from now it will not matter what my bank account was, the sort of house lived in, or the kind of car I drove but the world may be different because I was important in the life of a child.

—Author unknown

match the needs of a particular student.

tesy of the FSC)

Interested in becoming a mentor?

Contact the Whiteman Family Support Center at 687-7132 to sign up to attend the mentoring orientation. (Information cour-

Whiteman maintainers keep B-2s flying during Red Flag





Photos and layout by Airman 1st Class Jason Burton

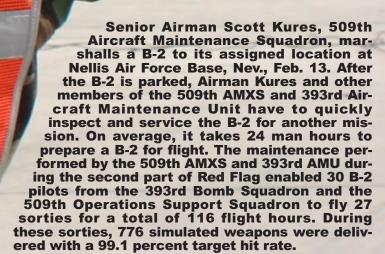
Staff Sgt. Toby Lavender, 509th Aircraft Maintenance Squadron, adjusts a fuel control panel to set the amount of fuel a B-2 will take while refueling at Nellis Air Force Base, Nev., during Red Flag. More than 75 Whiteman maintainers from the 509th AMXS and the 393rd Aircraft **Maintenance Unit** provided round-the-clock maintenance support for three B-2s during the second part of Red Flag.

Senior Airman Jeffery Longo, 509th AMXS, chocks a B-2 after a Red Flag mission Feb. 13. During the second part of Red Flag, B-2 maintainers spent 72 man hours to complete a 200 hour Post-Flight Inspection over a weekend to have a B-2 ready to fly the following Monday. This inspection is required after every 200 flight hours on a B-2. The inspection included bore scoping all four engines, some nondestructive inspections and engine test runs after completion.



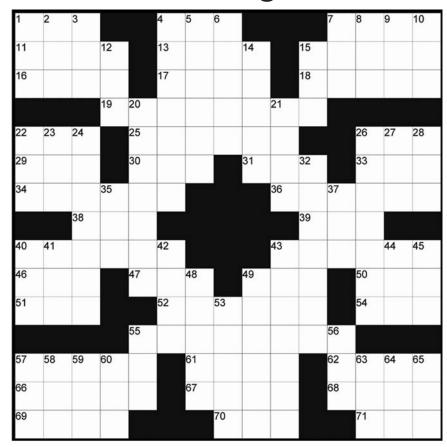
Checklist for recovering and launching a B-2

- ☐ Marshall the B-2 to its assigned location, or to its dock when at Whiteman
- 7 Refuel aircraft with required amount of fuel for next flight
- ☐ Complete visual inspection and servicing of
- T Repair any pilot reported discrepancies
- ☐ Load weapons, if required for mission
- J Review all forms for proper documentation
- 7 Marshall the B-2 out of the dock and send It to the runway



CROSSWORD

Air Force 102—Organizations



By Capt. Tony Wickman

71st Flying Training Wing Public Affairs

ACROSS

- 1. Picnic pest
- 4. So long

- 7. Major or Minor
- 11. Settle
- 13. One of 26 DOWN
- 15. USAF org. above 55 ACROSS
- 16. Distant
- 17. NYC district
- 18. Beneath

19. Parts of 24 DOWN 22. USAF deployment

set

- 25. Aviator Earhart
- 26. NYC player
- 29. Singer Torme 30. Desire
- 31. -Magnon
- 33. Mock
- 34. Tie type 36. USC player
- 38. USAF org. part of
- 68 ACROSS
- 39. Whitish, milky looking liquid
- 40. Tropical paradise
- 43. Actress Lombard
- 46. Halloween mon.
- 47. Lanka
- 49. Home to NHL broadcasts
- 50. Cut grass
- 51. Affirmative
- 52. Slanted
- 54. Observe
- 55. USAF org. above 24 DOWN
- 57. Thoughts
- 61. Smell
- 62. Intersection
- 66. Lesions
- 67. Otherwise
- 68. USAF org. above 55 ACROSS
- 69. 20th FW home
- 70. Benchmark, in short
- 71. Mekong River denizen

DOWN

- 1. State home to Maxwell AFB
- 2. USAF org. above 68 ACROSS
- 3. Actress Carrere
- 4. First, Second and Third players
- 5. Navy personnelmen
- 6. Actress Merman



Feb. 3 answers

- 7. Fancy vase
- 8. Staff
- 9. Litigate
- 10. Spring mon.
- 12. Rapping doc?
- projection: method of map projecting
- 15. NFL player Frerotte
- 20. Plans
- 21. Caustic
- 22. One of 26 DOWN
- 23. Snakelike fish
- 24. Most basic USAF orgs.
- 26. USAF org. above 2

DOWN

- 27. Federal org. concerned with environment
- 28. X, to Cicero
- 32. Disney World site
- 35. 23rd letter of the Greek alphabet
- 37. Paddle
- 40. Plaything
- 41. Pilot with 5+ kills
- 42. Site of OIF
- 43. Worked for a judge
- 44. USAF paperwork
- 45. Female sheep
- 48. Acclimate
- 49. Most senior
- 53. Celtic tribes
- 55. Draft org.
- 56. Compass dir.
- 57. Space station, in brief
- 58. Homer's saying
- 59. Epoch
- 60. Deployed USAF org.
- 63. Engine need
- 64. Genetic info
- 65. Hubris

You can never B-2 safe

Got news? Call 687-6133

Ping pong pros

Nine players recently competed for ribbons and prizes during the community center's annual Ping Pong tournament. The top three contestants are (from left):

- Third place youth Corey Buford, son of Master Sgt. Richi Buford, 509th Maintenance Squadron
- First Place Master Sgt. Richi Buford
- Second Place Senior Master Sqt. David Giesen, 509th MXS



Community



SPIRIT TIMES
FRIDAY, Feb. 24
2006

Education

For more details, visit the education center Web site at https://wwwmil.whiteman.af.mil/509m ss/educ/homepage.htm

Base education center offers CCAF

Community College of the Air Force can be your springboard to success.

Your military experience and training, coupled with a CCAF degree, can be your



degrees have started them on the path toward higher educa-

tion and higher salaries.

Call Larry Broudrick at the education

center, 687-5750, to find out how close you are to your CCAF degree.

Family Support

Call 687-7132 for more details on these family support center activities. Events take place at the FSC.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday.

WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and chil-

dren who have nutritional needs.

For more details, call the WIC office in

Pre-deployment briefing set

Warrensburg at (660)747-2012.

A mandatory pre-deployment briefing

for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.

Seminar helps new spouses

Designed for spouses with less than five years affiliation with the military, Heart Link begins at 8:00 a.m. Friday. Learn about the Air Force mission, customs, traditions, protocol, and support resources and services from the experts. Lunch and child monitoring provided on-site. Reservations required.

Team Whiteman Community

AADD seeks volunteers

Airmen Against Drunk Driving, a base organization that promotes safety, is look-

ing for volunteers.

AADD is a basewide program that has volunteers on 24/7 telephone standby for any Airman who feels he or she has had too much to drink and needs a ride home.

AADD's goal is to eliminate cases of driving under the influence and driving while intoxicated on Whiteman and in the surrounding community.

If you are interested or would like more information, contact 1st Lt. Mary Olsen at 687-6121 or mary.olsen@whiteman.af.mil.

WESC to hold Mardi Grae party

WESC to hold Mardi Gras party
The Whiteman Enlisted Spouses Club

will host a Mardi Gras party 7 p.m. Saturday at Mission's End.

The event will include hor d'ourves, a disk jockey, door prizes, and prizes for best float and costume. Tickets are \$10 per per-

For more information, call Nikki Traylor at 563-2111.

Parent-teen suicide awareness workshop

Teens and suicide. These are not words usually found in the same sentence. Yet, the media recently reminded us that suicide does not play favorites when James Dungy, the son of National Football League coach Tony Dungy, took his own life at the age of 18.

While his death came during the winter month of December, contrary to popular belief, current statistics show that spring and early summer is the peak season for suicides.

This topic must be a source of concern for teens and parents alike, no matter how uncomfortable it is, to help loved ones and friends avoid this deadly path. Consider a few more sobering statistics.

While there is no way to really know just how many kids are pondering suicide, the Center for Disease control tells us that suicide is the second leading cause of death (behind accidents) among 15- to 19-year olds.

In the United States, one teenager takes his or her life every 100 minutes. Another study done, by "The Substance Abuse and Mental Health Services Administration," reports that nearly three million teens, 12-17, considered or thought about suicide in the year 2000.

Worst of all, more than a third followed through on their thoughts and tried to take their own lives.

Suicide is not easy to understand. Teens of every age, from every socioeconomic group, geographic area and

type of family have become statistics. George Gallup has concluded that one-fifth of our teenagers should be considered to be at high risk for suicide.

While teen suicide is not easy to grasp, the teens almost always warn us and give us discernable signs. Unfortunately, sometimes we do not recognize the signs until after it is too late. About 80 percent of those who take their lives communicate their intent to someone prior to the act, according to data from the American Association of Suicidology.

This communication may not come with complete verbal clarity, but the signs are there. Consider a few of the more obvious warning signs:

Parents and teens should not think there is no hope for someone displaying many of these danger signs. There are definite steps we can take to prevent teen suicide. Here are a few:

Warning Signs

The individual:

- Talks about committing suicide
- Has trouble eating or sleeping
- Experiences drastic changes in behavior
- Gives away prized possessions

- Has attempted suicide before
- Takes unnecessary risks
- Has had recent severe losses
- Is preoccupied with death and dying
- Loses personal interest in personal appearance
 Increases use of alcohol and drugs
- Withdraws from friends and activities
- Prepares for death by making out a will

Preventive Measures

Parents and guardians can:

- Create a stable family
- Spend time with your teens
- Love teens for who they areDevelop a network of significant adults
- Encourage involvement with positive peers
- Develop friendships with your teen's friends

The teens of the chapel and the base teen center are sponsoring a parent-teen suicide awareness workshop March 3 at the community activity center at 5p.m. Free pizza, snacks and sodas will be provided. Some great door prizes will be given away to teens that attend.

Contact the base chapel at 687-3652 for more details. (*Information courtesy of the base chapel*)

Sports shorts -

Off base

Panther wrestling

Knob Noster's Kirk Luzano is the Class 1 state-champion in the 103-pound division. Luzano struck gold Sunday as he pinned Josh Ghisalberti of Lexington High School in 2:59 during the gold-medal match at the 2006 Missouri State High School Activities Association Wrestling Champi-

Quincy Hawkins took second place in the 119-pound division following a heart-breaking loss by pin fall at 3:40 to Skyler Barron of Trenton High School.

onship in Columbia.

Kris Luzano and Tony Demma rounded out the Knob Noster winners, each taking sixth place in the 112- and 130-pound divisions respectively.

The Panthers finished the tournament in 7th place among 45 teams in Class 1.

509th Civil Engineer Squadron def. Flyers – 25-14 and 25-14

509th Security Forces Squadron def. 509th Bomb Wing – 25-16, 24-26 and 15.8

All-Star game

The base fitness center sponsors a North vs. South Intramural All-Star Basketball Game at 5:30 p.m. Monday in the Eagle Gym.

The North will be represented by players from the 509th Communications Squadron, 509th Aircraft Maintenance Squadron, 509th Maintenance Squadron and 509th Civil

Engineer Squadron.
The South will feature:
509th Logistics Readiness
Squadron, 509th Operations Support

Squadron, 509th Security Forces Squadron and the 509th Munitions Squadron.

Twelve players from this game will be selected to play against an intramural all-star team from Central Missouri State University March 18 on the Centeral State University campus.

Basketball tournament

The base fitness center will host a 3-on-3 March Madness basketball tournament from 11 a.m. to 1 p.m. March 14-17 in the Eagle Gym.

Sign up at the fitness center by March 10.

Martial arts

Dentokan martial arts are offered at the base fitness center from 11 a.m. to 1 p.m. Mondays and Wednesdays. Cost is \$30 per month.

Call the fitness center at 687-5496 for more information.

Golf tournament

The Royal Oaks Golf Course sponsors a Chili Bowl Scramble beginning at 9 a.m. March 18. Format is 4-person teams. Cost is \$20 per person plus cart and green fees.

Sign up at the course by March 13. Free chili will be served and golfers receive a 2006 Chili Bowl golf ball. For more information, call 687-5572.

Special visit



Courtesy pho

Retired Gen. Richard Myers talks to Team Whiteman members at a recent national prayer breakfast in Kansas City, Mo. The national prayer breakfast is an event held each February. The nation-wide event was established in 1953.



On base

Intramural volleyball

The intramural volleyball season slammed into action Tuesday with a slate of nine pre-season games. Following is a recap of the action:

Tuesday

Chiefs def. 442nd Fighter Wing – 22-25, 25-13 and 15-13

509th Munitions Squadron def. 509th Aircraft Maintenance Squadron – 25-10 and 25-12

509th Operations Support Squadron def. 509th Maintenance Squadron – 25-18, 9-25 and 15-7

509th Logistics Readiness Squadron def. 509th Maintenance Operations Squadron – 19-25, 25-22 and 15-12

Wednesday

509th Communications Squadron def. 509th Medical Group – forfeit 509th CS def. 509th Maintenance Group – forfeit Services Page editor......Poppy Arthurton 509th Services Squadron......687-7929

*No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Fitness Center 687-5496



B2 Bikers, spinning club Monday, Wednesday, Friday 3 p.m. HAWC fitness program Tuesday, Thursday 3 p.m.

Climb to the top

Coming in April, the new fitness center incentive program - Climb to the Top. Log your miles on any of the cardio machines and climb your way to the top of the world's 100 highest mountains.

Outdoor Recreation 687-5565

Special rental offer

Club members should pick up their February club coupons for a \$10 saving on chainsaw rental when renting a log splitter for one day from outdoor recreation. See club cashier for coupons.

Food & Fun

Royal Oaks 687-5573

Duffer's Grill

The grill at Royal Oaks is open 11 a.m.-1 p.m. daily for hot and cold sandwiches with a great choice of meats, cheeses and breads. There's also the daily special, grilled burgers, chicken, soup and salad.

Royal Oaks Golf Course presents the first tournament of the year:

9 a.m. Mar. 18
\$20 plus cart and greens fee per person
4 person scramble
Free chili and a 2006 chili bowl golf ball
for every player.
Sign up by Mar. 13

Mission's End 687-4422

Karaoke Night

Free karaoke 9 p.m.-1 a.m. tonight in the Lavene Lounge at Mission's End.

Mongo Mongolian buffet

Enjoy a supersized mongolian buffet 5-8 p.m. Mar. 3. Create the perfect meal with a choice of beef, chicken, pork, shrimp, vegetables and lots of sauces. The buffet costs \$12.95 for members and \$14.95 for nonmembers and includes salad, soda and dessert.



Stars & Strikes 687-5114

Pot o' gold challenge

Celebrate St. Patrick's Day with the pot o' gold challenge at the Stars and Strikes. The tournament costs \$15 to enter with a 1-5 cash ratio. Bowling starts 11 a.m. Mar. 17, and the last squad time is 5:30 p.m. Sign ups accepted until the day of the tournament.

Community Activities

Arts and Crafts Center 687-5691

6-week oil painting class

A new oil painting class for adult beginners, 5-7 p.m. Tuesdays starts Mar. 7 through April 11 at the arts and crafts center. Learn rendering, blending, highlighting and shading techniques and the theory behind the art. The cost is \$80, which includes supplies. Sign up by Mar. 6.

Intermediate jewelry class

Improve your jewelry making skills with this two-session class 6-9 p.m. this Thursday and Mar. 9 at arts and crafts. The cost is \$25 plus supplies. Sign up by noon Wednesday.

Community Center 687-5617

Snowman extravaganza

Winter weather isn't over yet. Kindergarten-fifth graders are invited to celebrate all things wintery with an afternoon of snowman crafts, movies, cookies and fun. The event will be held 12:30-2 p.m. Saturday at the community center and the cost is \$2.

Chess challenge

The community center is holding a chess tournament starting at 10 a.m. Mar. 4. The tournament will be played to game 30 rules, double elimination and is open to all ages. The cost is \$5.

Teen Center 687-5819

Smart Moves

Smart Moves, decision making in friendship and dating, takes place 6-7 p.m. tonight at the teen center.

Teen bowling

Teen center bowling trip to the Stars and Strikes, 6-10 p.m. Mar. 3. Teens pay for shoes, bowling and snacks. High game wins a prize.

Dance Dance Revolution tournament

Show off your moves in the ultimate dance contest. The competition takes place 6-11 p.m. Mar. 11 at the teen center. It's \$1 to enter and the highest scorer will take home a prize, so get practicing!

Youth Center 687-5586

Ice Chateau

Teens and pre-teens (ages 10 and older) are invited to spend an afternoon skating at the Ice Chateau in Kansas City, Mo., noon-6 p.m. Saturday. The cost is \$14 for members and \$15 for nonmembers.

Kids' night out members night

The youth center is celebrating its members with a special kids' night out. Games, movies and crafts are all available for youth aged 6-9, 6:30-9:30 p.m. Mar. 3 at the teen center. The event is for youth center members only and costs \$3. Sign ups start Monday.

Pre-teen hangout night

Pre-teens (ages 10-12) can get together with friends and hang out at the teen center with all the great activities offered - pool, foosball, carpet ball, Dance Dance Revolu-

Movie Schedule

7 p.m. Friday

Hostel R Starring-Jay Hernandez and Derek Richardson

7 p.m. Saturday and 3 p.m. SundayThe Last Holiday PG-13
Starring-Queen Latifah and L.L. Cool J

Adults: \$3.50 Children: \$1.75
Movie Recording Line: 687-5110
Movies subject to change due to availability.
For current and future movie listings log on to http://www.aafes.com/ems/conus/whiteman.htm.

tion and more. The event takes place 6-9 p.m. Mar. 4. The cost is \$3 for members and \$4 for nonmembers. Sign up beginning Monday.

Family Child Care 687-1180

Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly-ill children. Air Force offers a subsidy for providers who are willing to meet these critical needs. Providers who hold a license are subsidized between \$100 and \$150 a week per qualifying child. Providers with chronic health problems are accepted. Call for more details.

Child Development Center 687-5588

Drop-in care

The child development center can provide drop-in child care for 6 weeks to 5 years old on a space available basis for \$3 per hour.

Library 687-5614

Story time

Story time for preschoolers takes place every Wednesday at 10 a.m. when 3-5-year-olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-6255.

Air Force library and information

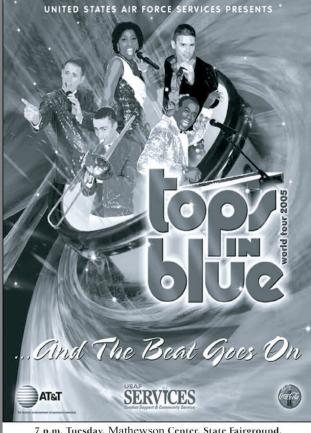
Visit www.WhitemanAFBlibrary.org to access electronic resources form the Air Force Library and Information System. The system has more than 70 online databases supporting the Air Force mission, professional and voluntary education and quality of life for the entire Whiteman community.

Veterinary Clinic 687-2667

Pet oral health month

The vet clinic encourages pet owners to regularly examine their pet's teeth for signs of periodontal disease.

Pets can live longer, healthier lives if oral health care is managed and maintained throughout their lives. In fact, proper dental care can add as much as five years to a pet's life! Talk to a veterinarian about developing a dental care plan for your furry friend.



7 p.m. Tuesday, Mathewson Center, State Fairground, Sedalia, Missouri.

6 p.m. Free transport from the Base Exchange Sponsored in part by First Community Bank.